Youth Mental Health Training Resources

December 2015

North Dakota Century Code (NDCC) 15.1-07-34 requires school districts provide eight hours of youth mental health training to all teachers and administrators each biennial cycle. A Youth Mental Health Training Fact Sheet (www.nd.gov/dpi/uploads/31/YouthMentalHealthTraining.pdf) explains the law, topics to be addressed, highlights North Dakota statistics on youth at-risk, offers options on training implementation and resources.

This document was created in response to requests from districts for more information on implementing youth mental health training through multiple resources.

> **PARTNERSHIPS**: Local community members may be able to provide training if they are knowledgeable and comfortable with the subject matter. This section provides links to assist districts in finding local community partners. (Pages 1-3)

> **RESOURCES**: A list of toolkits, guidebooks, presentations, powerpoints, videos, books, webinars, and websites related to youth mental health. (Pages 3-8)

> **RESEARCH AND/OR EVIDENCE-BASED PROGRAMS**: Websites to help find research and/or evidence-based programs to implement within schools. Professional development on these programs may meet the intent of the law and at the same time provide addition support to students during implementation. (Page 8)

This is not an all-inclusive list and ever-changing. To suggest additions or changes, contact the NDDPI Safe and Health Schools Unit at 701/328-2753.

PARTNERSHIPS

COUNSELORS / PSYCHOLOGISTS
North Dakota Counseling, ND. Therapists in North Dakota
http://www.theravive.com/cities/north-dakota--counseling.aspx

Child or Adolescent Therapists in North Dakota
https://therapists.psychologytoday.com/rms/prof_results.php?state=ND&spec=5

Clinicians List – a list of North Dakota clinicians.
https://www.tcty-nd.org/index.php/users/

EDUCATIONAL
Developmental Disabilities Regional Offices
https://www.nd.gov/dhs/services/disabilities/dd-offices.html

Special Education Directory
https://www.nd.gov/dpi/uploads/6/SpedDir201516Final.pdf

Universities
https://www.ndus.edu/campuses/

HUMAN SERVICES
County Social Services
https://www.nd.gov/dhs/locations/countysocialserv/

Human Resource Centers
https://www.nd.gov/dhs/info/pubs/docs/hsc-contact-info.pdf

Child Support Division – Page 44 - 46
http://www.ndhealth.gov/familyhealth/publications/connectiondirectory.pdf

HEALTH
Local Public Health Units
https://www.ndhealth.gov/localhd/
http://www.ndhealth.gov/localhd/lphu-directory.pdf

North Dakota Mental Health Clinics
http://mental-health-clinics.regionaldirectory.us/north-dakota.htm

General Health Clinics – Pages 162- 169
http://www.ndhealth.gov/familyhealth/publications/connectiondirectory.pdf

Hospitals – Pages 170-171
http://www.ndhealth.gov/familyhealth/publications/connectiondirectory.pdf
http://www.ndhealth.gov/hf/PDF_files/Hospital/hospital_oct2015.pdf

Health-Care Coverage Options – Page 157
http://www.ndhealth.gov/familyhealth/publications/connectiondirectory.pdf

North Dakota Tribal Health Programs – Page 39
http://www.ndhealth.gov/familyhealth/publications/connectiondirectory.pdf

JUVENILE JUSTICE
Juvenile Corrections: Division of Juvenile Services: DJS Office Locations
http://www.nd.gov/docr/juvenile/Community%20Services/offices/index.html
http://www.nd.gov/docr/juvenile/Community%20Services/offices/index.html?print=y

http://www.post.nd.gov/LawEnforcementAgencies/
-   North Dakota Police Departments
-   North Dakota Sheriff's Departments
-   State Agencies

FAITH-BASED ORGANIZATIONS
http://www.churches-in.com/north+dakota/

OTHER POSSIBLE CONTACTS
https://www.nd.gov/dhs/info/pubs/docs/mhsa/nd-licensed-addiction-treatment-programs.pdf
- Pathfinder Parent Center (pg 99)
- Prevent Child Abuse North Dakota (pg 100)
- Protection and Advocacy Project (pg 101)
- Residential Child Care Facilities – Group Residential (pg 104-105)
- Licensed Addiction Treatment Programs in North Dakota

North Dakota Foster Care Facility Directory
https://www.nd.gov/dhs/info/pubs/docs/cfs/foster-care-facility-directory.pdf

RESOURCES
(in no particular order)

UCLA: The Center for Mental Health in Schools Program and Policy Analysis
http://smhp.psych.ucla.edu/.
The Center's website has a plethora of information and resources to include:

GUIDEBOOK: Common Psychosocial Problems of School Aged Youth: Developmental Variations, Problems, Disorders and Perspectives for Prevention and Treatment
This guidebook discusses the environment, commonly identified psychosocial problems, addressing behavioral and emotional problems, attention problems, conduct and behavior problems, anxiety problems, affect and mood problems, social and interpersonal problems, how to increase the school's capacity to prevent and ameliorate problems, and general resources and references.
http://smhp.psych.ucla.edu/pdfdocs/psysocial/entirepacket.pdf

Practitioner and Professional Development: Virtual Toolbox for Mental Health in Schools –
This toolbox is useful to any school practitioner and those involved in pre-and in-service professional development programs. It reflects a broad view of mental health in schools and of the role mental health plays in the well-being of students, their families, and their teachers. Also stressed is the value of embedding mental health into a comprehensive classroom and school-wide system for addressing barriers to learning and teaching and re-engaging disconnected students as an essential facet of ensuring all students have an equal opportunity to succeed at school.
http://smhp.psych.ucla.edu/.

Training & Presentation Resources –
    I.   Continuing Education Modules
   II.   Quick Training Aids & Tutorials
  III.   Fact & Information Resources, and Brief Aids
  IV.   Presentations, Webinars, and Related Material (e.g., Powerpoint Slides, Handouts)
   V.   Youth Suicide Prevention: Mental Health and Public Health Perspectives
      http://smhp.psych.ucla.edu/materials/trainingpresentation.htm.

Presentation Handouts/Slides – A set of 4 Power Point sessions providing a brief overview of:
- Why Mental Health in Schools?
- What is the Current Status of Mental Health in Schools?
- About Mental Health in Schools & School Improvement Policy and Practice
- Becoming an Integrated Part of School Improvement
  http://smhp.psych.ucla.edu/.

CDC Children's Mental Health
http://www.cdc.gov/ncbddd/childdevelopment/mentalhealth.html

Definition of mental health and mental illness - http://www.cdc.gov/mentalhealth/basics.htm and http://www.cdc.gov/mentalhealth/basics/mental-illness.htm.
Comprehensive report on children's mental health in the United States
http://www.cdc.gov/media/dpk/2013/dpk-child-mental-health.html.

Stigma and Mental Illness - http://www.cdc.gov/mentalhealth/basics/stigma-illness.htm.

Data and Statistics Topics - Topics include data surveillance systems, depression, mental illness surveillance, non-specific psychological distress, stigma of mental illness, and well-being.
http://www.cdc.gov/mentalhealth/data-stats.htm

CDC Mental Health Work –resources including
- o Adverse Childhood Experiences Study
- o Attention-Deficit/Hyperactivity Disorder (ADHD)
- o Autism Spectrum Disorder (ASD)
- o Children's Mental Health
- o Suicide Prevention
- o Tourette Syndrome

http://www.cdc.gov/mentalhealth/mental-health-inf.htm

Mental Health Surveillance Among Children (CDC) – a report that describes ongoing independent federal surveillance systems, each addressing different health issues and varying populations, that are used to estimate the prevalence of mental disorders and indicators of mental health among children in the United States and highlights selected national prevalence estimates.
http://www.cdc.gov/mmwr/preview/mmwrhtml/su6202a1.htm

CDC School Connectedness - http://www.cdc.gov/healthyyouth/protective/school_connectedness.htm
School Connectedness is a strong protective factors to reduce at-risk behaviors in youth. School connectedness is the belief held by students that adults and peers in the school care about their learning as well as about them as individuals.

> **Protective Factors** are individual or environmental characteristics, conditions, or behaviors that reduce the effects of stressful life events; increase an individual's ability to avoid risks or hazards; and promote social and emotional competence to thrive in all aspects of life now and in the future.

Website includes:
- School Connectedness Fact Sheets
- Strategy Guide
- Staff Development with step-by-step procedures, activities, materials, resources and PowerPoint presentations with speaker narrative and notes for implementing two staff development programs – a 45 minute basic overview of school connectedness and a 2-hour training to plan actions for improving school connectedness.

NCTSN Learning Center for Child and Adolescent Trauma - http://learn.nctsn.org/.
The National Child Traumatic Stress Network (NCTSN) offers free online education.

Free resources and toolkits for school personnel:
- o Child Trauma: A Toolkit for Educators
- o School Resources for School Personnel

- o   Bullying & Cyber Bullying, Awareness/Prevention
- o   Psychological First Aid for Schools: A Compete Manual
- o   Other Network Resources for Educators on Child Trauma
- o   Schools and Trauma – Speaker Series

http://www.nctsn.org/resources/audiences/school-personnel

Continuing Education –recorded webinars which provide free access to experts and up-to-date science-based information in areas of assessment, treatment and services, training, research and evaluation and organizational and systems change for traumatized children, adolescents, and their families. Sample topics include, but are not limited to:

- o   Building Resiliency: Supporting Youth Affected by Trauma and Community Violence
- o   Child Physical Abuse
- o   Child Sexual Abuse
- o   Culture and Trauma
- o   Family Systems
- o   Schools and Trauma

http://learn.nctsn.org/course/index.php?categoryid=3

Service Systems – includes Child Trauma Toolkit for Educators, Child Welfare Trauma Training Toolkit, Resource Parent Curriculum (RPC) Online, The Trauma-Informed Juvenile Justice System Resource Site, and Think Trauma Toolkit. http://learn.nctsn.org/course/index.php?categoryid=59

National Institute of Mental Health (NIH) - http://www.nimh.nih.gov/index.shtml
Educational Resources – resources, videos, and activities.
http://www.nimh.nih.gov/health/educational-resources/index.shtml

Brain Basics – Eight videos on the brain, including "The Growing Brain", "The Working Brain", "Brain Basics in Real Life". http://www.nimh.nih.gov/health/educational-resources/brain-basics/brain-basics.shtml

Neuroscience and Psychiatry Modules – Two online teaching modules presenting case vignettes and video presentations. One explores research on cognitive deficits as an example of how translational neuroscience can provide clues for treatment development; the other describes animal models of fear that have informed human studies of fear/safety, anxiety, and anxiety disorders.

Mental and Behavioral Health Needs of Children & Adolescents: American Psychological Association
A two-page fact sheet on the prevalence of youth mental health issues, at-risk populations, barriers to access and quality mental health care and the role of health service psychologists.
https://www.apa.org/about/gr/issues/cyf/mental-behavioral-needs.pdf

North Dakota Department of Human Services - https://www.nd.gov/dhs/
Children's Mental Health Services – provides information specific to North Dakota, the wrap-around process, child and family teams, accessing partnerships services, and other services (psychiatric residential treatment facilities and voluntary treatment program). This website includes a link to the regional human services centers. https://www.nd.gov/dhs/services/mentalhealth/children.html

Behavioral Health Services – provides statewide information on behavioral health, both mental health and substance abuse. Includes a link called "Mental Health Services Locator" and "Substance Abuse Treatment Services Locator". https://www.nd.gov/dhs/services/mentalhealth/

North Dakota Federation of Families - http://ndffcmh.org/
A parent organization focused on the needs of children and youth with emotional, behavioral or mental disorders and their families, providing support, advocacy, and education.

SAMHSA (Substance Abuse and Mental Health Services Administration – http://www.samhsa.gov/
NREPP: SAMHSA's National Registry of Evidence-based Programs and Practices - Searchable online registry of more than 340 substance abuse and mental health interventions with information about evidence-based interventions. Click on "Find an Intervention", type in the "search" box (e.g., mental health, behavioral health, social and emotional learning, alcohol prevention, bullying) and select the age group and/or other categories of interest. http://www.samhsa.gov/nrepp

SAMHSA Topics – a website with mental health topics (e.g., alcohol, tobacco, other drugs, behavioral health treatments and services, mental illness, school and campus health, trauma and violence.
http://www.samhsa.gov/topics

Caring for Every Child's Mental Health (SAMHSA) – http://www.samhsa.gov/children
Multimedia – is a collection of one hour videos on mental, emotional and behavioral health topics.
http://www.samhsa.gov/children/multimedia

REACHOUT.com - http://au.professionals.reachout.com/
Information on mental health, including guidance, videos, resources, newsletters, and lesson plans. Some key topics include:
- Youth Mental Health
    - o Working with young people – tips and guides for how to work with young people.
    - o Understanding mental health –basics on key mental health difficulties that affect young people, understand the important well-being concepts, and browse the recommended resources and apps.
    - o Online behavior and social media – finds out how online and social media affects young people.
- Professional development
    - o Teachers –webinars and resources on building resilience, happiness and positive psychology, empathy what is it and can it be taught
- Apps & online – apps and online tools for young people
    - o Mood disorders
    - o Anxiety disorders
    - o Other mental health issues
- Teaching & Learning
    - o Classroom resources
    - o Education curriculum
    - o Practical lesson ideas

Children's Mental Health and Emotional or Behavioral Disorders Project - http://www.pacer.org/cmh/
Helps bring together parents, youth and professionals to help families receive the resources and support their children need.

Fact Sheet: Tips for Teachers and School Staff from Students with Mental Health and Behavioral Challenges. http://www.pacer.org/parent/php/php-c148.pdf

Youth Mental Health First Aid (YMHFA) - http://www.mentalhealthfirstaid.org/cs/
The YMHFA is and eight hour training geared for adults who interact with youth ages 12-18. It helps adults understand that mental disorders are real, common, and treatable and that it's OK to seek help. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan.

North Dakota Department of Public Instruction has trained a cadre of instructors who can provide this training. For more information, call the Safe and Healthy School Unit at (701) 328-2265.

CASEL (Collaborative for Academic, Social, and Emotional Learning) - http://www.casel.org/
CASEL works to advance the development of academic, social and emotional competence for students and to help make evidence-based social and emotional learning (SEL) an integral part of education from preschool through high school.

TCTY: Treatment Collaborative for Traumatized Youth - https://www.tcty-nd.org/index.php
A network of clinicians whose mission is to implement, evaluate, and sustain the practice of evidence-based mental health treatments for children who have experienced traumatic life events.

HELPING TRAUMATIZED CHILDREN LEARN – http://traumasensitiveschools.org/
Website dedicated to ensure children traumatized by exposure to family violence and other adverse childhood experiences succeed in school. Includes videos, resources, reports, and two free downloadable books:
    Helping Traumatized Children Learn: A Report and Policy Agenda (2005) and
    Helping Traumatized Children Learn: Creating and Advocating for Trauma-Sensitive Schools (2013)
        Copyright by Massachusetts Advocates for Children

POSITIVE BEHAVIORAL INTERVENTION & SUPPORT (PBIS) - https://www.pbis.org/
Site includes information on supporting and responding to behavior, creating safe schools through positive discipline, special issue of education and treatment of children, slides from training & conference presentations, videos on best evidence based practices for PBIS, and much more.

Advancing Education Effectiveness: Interconnecting School Mental Health and School-wide Positive Behavior Support. https://www.pbis.org/school/school-mental-health

Center on Response to Intervention (RTI) - http://www.rti4success.org/
Website has tools charts, webinars, training modules, publications, family resources and much more.

Training Modules. Can be used for self-learning as well as shared professional development settings to increase the understanding of RTI. Modules should be delivered by a trained, knowledgeable professionals and are designed to be a component of comprehensive professional development that includes supplemental coaching and ongoing support. Modules include powerpoints and handouts.
http://www.rti4success.org/resources/training-modules

RESEARCH AND/OR EVIDENCE-BASED PROGRAMS

Better: Evidence-based Education - http://www.betterevidence.org/

NREPP: SAMHSA's National Registry of Evidence-based Programs and Practices - Searchable online registry of more than 340 substance abuse and mental health interventions with information about evidence-based interventions. Just click on "Find an Intervention", type in the "search" box for what you are looking for (e.g., mental health, behavioral health, social and emotional learning, alcohol prevention, bullying) and select the age group and/or other categories of interest. http://www.samhsa.gov/nrepp

Promising Practices Network: Archive – http://www.promisingpractices.net/programs.asp
Although this website concluded on June 2014, it still provides guidance on which programs are considered promising practices.

We Know What Works: Center for the Study and Prevention of Violence Institute of Behavioral Science: University of Colorado Boulder
Blueprints for Healthy Youth Development – A Research Project within the Institute of Behavioral Science http://www.colorado.edu/cspv/blueprints/index.html

CASEL – Effective Social Emotional Learning Programs - http://www.casel.org/guide
CASEL promotes high-quality social and emotional learning (SEL) practices through cutting-edge research and evidence-based tools

TPP Resource Center: Evidence-Based Programs
U.S. Department of Health & Human Services, Office of Adolescent Health
http://www.hhs.gov/ash/oah/oah-initiatives/teen_pregnancy/db/

Blueprints for Health Youth Development
University of Colorado Boulder in partnership with the Annie E. Casey Foundation
http://www.blueprintsprograms.com/

School Success Online: Mental Health Best Practices
http://www.schoolsuccessonline.com/resources/best-practices-mental-health.aspx